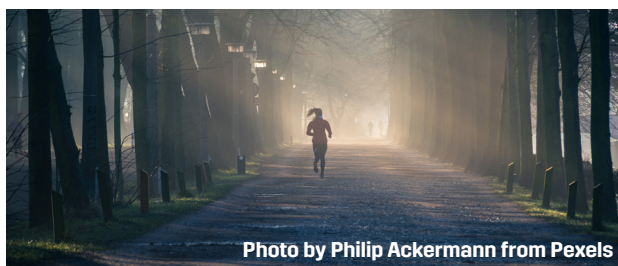


Taking Care: Exercise

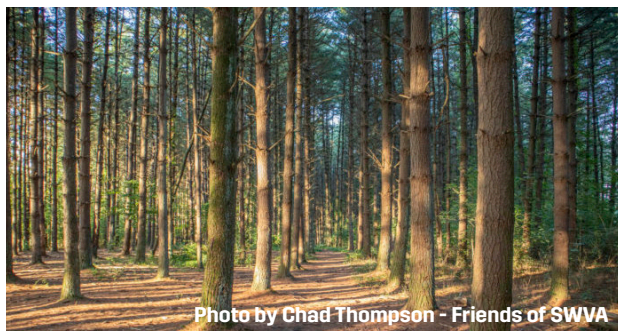
Exercise doesn't have to be a burden in your daily routine. The key is to find something you enjoy doing and set reasonable, small goals to get moving. We've provided some resources and tips to get you started!



Tips for getting the exercise you need during COVID-19:

- ◇ Get outside if you can
- ◇ Make it a "socially distanced" activity
- ◇ Track your workouts
- ◇ "Sneak" movement into your routine
- ◇ Take advantage of technology
- ◇ Turn it into a game

[Read More Here »](#)



Southwest Virginia has a wealth of activities to do outdoors. From hiking with the ponies at Grayson Highlands State Park to kayaking down the New River, you'll find fun for the whole family. Check out the link below for outdoor activities all over the region.

[Learn More Here »](#)



A daily workout you can start today:

Trainer Lynn Montoya, an expert in fitness for people over 50, shared this great full-body strength workout using just your body weight or a few household items. You can even do many of these moves with your kids, or all depending your child's age -- just make sure to choose an age or size appropriate weight and make sure their form is correct so they don't injure themselves.

Perform each exercise 10-12 times before moving on to the next one, and complete one to three rounds of all the moves with 30 seconds of high knees, jumping jacks or marching in place in between each round.

[Read More Here »](#)

- ◇ Squats
- ◇ Reverse lunges
- ◇ Kneeling pushups
- ◇ One-arm rows
- ◇ Bicep curls
- ◇ Tricep dips
- ◇ Plank

[Family Fitness During COVID-19 »](#)

[Kids Exercise and Fitness Videos »](#)

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